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**Editorial**

**Bouncing on the threshold**

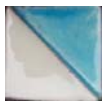
Painters have an uncanny ability to see what most people don't. They capture unseen power dynamics and relate it synthetically to express the essence of what their sensitive souls observe. We enjoy that revelation in this issue within the paintings of Ann Lysette Boysen, the mediumnistic paintings of Hercules Fernandes and two orb photographs taken by Kim Meisinger. The Book Review is about life between lives, and the Healer of the Month is a neurologist who is striving to integrate the many energetic modalities she has absorbed in her passion for knowledge. The Feature Article concludes the presentation of the Spiritist approach to healing. I am thrilled at the contributions we are receiving. It is a dream come true, thank you for your support.

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E mail entries to [Abaraschi@aol.com](mailto:Abaraschi@aol.com) or via regular mail addressed to: Anton Baraschi, 9 Farm Lane, Spring Valley N.Y. 10977

**Editor**

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## News and Links

Interesting video clips with the Dalai Lama teaching Lama Tsongkhapa's *Three Principal Paths (lamtso namsum)*  
<http://www.dalailama.com/page.200.htm>

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A N.Y. Times article about James P. Evans, a physician and molecular biologist, demystifying genetics to trial judges to help them when assessing DNA evidence cases (there must be mysticism in there to warrant demystifying).

<http://www.nytimes.com/2008/07/01/science/01conv.html?ref=science>

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Incredible feel good video-for animal lovers- moved me to tears.

<http://www.youtube.com/watch?v=adYbFQFXGOU>

Link to the Gesar foundation, focused on children with problems

<http://www.gesarfoundation.org/The-Gesar-Foundation-Kelsang-Pawo-Pawo-Gondar-Children-Charity-Pure-Intent-2afd7ce>

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Duke University's Integrative Medicine website for perusal:

<http://www.dukeintegrativemedicine.org/about/index.aspx>

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Dr Benor's new book on pain control is ready. Larry Dossey MD, Bernie Siegel MD and Norman Shealy MD have warmly endorsed it. I could hardly wait for my copy to arrive.

<http://wholistichealingresearch.com/paintap.html>

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## Feature Article

*This article is part two of two. The first part on **Spirituality and Healing** appeared in the June issue of the Newsletter. In this issue, the author presents healing within the parameters of Spiritism. The specific concepts of "no charge for service", the perispirit, release or removal of tormenting spirits, the use of passes and magnetized water are described. At the Spiritist center Love and Light in the Ironbound district in Newark, NJ, Elza is one of those dedicated workers of light that simply does her job, her mission, without much ado, volunteering her time daily.*

**ED**

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## Spiritism and Healing

by **Elza D'Agosto**

Spiritism is one of many ways to help people heal at times of illness and distress. Understandably, each method, each author, each belief, has its distinguishing features and set of guidelines. In this article, we'll be concerned with the healing services provided at Spiritist Centers, which have been my workplace for the last fifteen years. The first and absolute rule that Spiritists follow is 'there can be no charge, obligations, or indentures whatsoever connected with any of the services provided by a Spiritist organization'. This rule is so factual that it's safe to say that if there's



any charge of any kind it follows that it's not Spiritism. There are three other concerns that immediately impact on any healing done at a Spiritist establishment.

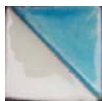
One of them is that, 'each case is a case'. We hear this repeatedly during Spiritist training. It means that each person requires and must receive a specialized treatment approach. A second concern is that Spiritist treatment must complement or be complemented by medical treatment with a health professional. We know that many symptoms seem to be of spiritual origin but are nonetheless of a physical nature. Great harm can be done; there could even be a risk of death if don't insist on appropriate medical care to complement the spiritual treatment. We're not qualified medical professionals and will not venture into this area. One case comes to mind to illustrate this concern. A young man sought spiritual treatment because of what he thought were spirit influences in his life. When asked him to see a doctor and he reluctantly agreed. He thought that we were somehow unwilling to help him. It turned out that he had a brain tumor and would have died soon if it had gone untreated. There are far too many examples to mention in this article. They're instances that a physiological problem is misinterpreted as spiritual either due to lack of diagnosis or misdiagnosis. Often, our patients insist that they are certain they're suffering from spiritual interference and a physician couldn't help. Sometimes, they say that they're afraid doctors would call them crazy and prescribe drugs if they were told what the symptoms were. Nevertheless, we insist that medical attention must be obtained, that medication be taken as prescribed, and that no one but the doctor can change dosages or suspend medication.

The most important element however, is the realization that the soul becomes ill first, then, the body follows. Therefore, it is of vital importance to focus on the person's spiritual needs concurrently with physical and psychological needs. Evaluation of a person's spiritual needs takes time and entails personal counseling to help the person understand that there are no promises or guarantees. The best will be done however, the results dependent on inner transformation efforts and merit. The usual questions that follow are 'How do we heal the soul? And 'What is personal merit exactly?'" To answer these questions we must start with an explanation of why souls became ill in the first place.

In the Spiritist belief, souls or spirits become ill due to errors committed during the many existences and experiences lived. The word 'sin' isn't used in Spiritism; instead human imperfections are the causes of the current effects that plague us. We understand human beings to be 'works in progress' therefore humans are continuously engaged in the evolutionary process which is a natural law of the universe that affects every creature in creation. Consequently, everyone has as many chances as needed to learn, redress, and compensate for mistakes from the past or current life, and this is true regardless of the seriousness and enormity of the infraction. This process is completely dependent on a soul's resilience, receptivity, diligence, and ability to learn. These are traits that can be taught and change as the soul matures. Thus, we understand that the healer is not the key factor in this process. This explains why some healers fail while others succeed; the ones who succeed happen to be present when the soul was ready to be healed. Inner transformation is another mainstay in Spiritism because if there's no change from within, there can be no improvement without. Merit has to do with acquisition of the traits mentioned above either in past lives or in the current one. Merit changes or trumps karma and is effectively dependent on a person's condition and mindset.

Spiritism is ideally suited to concentrate on each person's specific needs because it has three distinct components that work together to assist a soul in its journey to achieve spiritual and physical health. These components, religious, philosophical, and scientific, comprise the Spiritist Doctrine belief system. The religious aspect of Spiritist practice is necessary because it introduces faith, hope, and resignation when a person must accept what cannot be changed immediately. It leads a person to forgive, to let go, to seek support from family and relatives, to trust that a higher intelligence is working in one's favor. Spiritism teaches that if a religion improves a person's morals in any way that is the right religion for that person. Therefore, any religion is effective in healing, and during Spiritist treatment the person is encouraged to use their own religious beliefs whatever they might be to bring about the needed cure or relief. A regular habit of praying and expressing gratitude is advised and those who follow it report an immediate improvement in overall ability to cope with pain and suffering.

The philosophical aspect of this Doctrine is firmly founded on Plato's wisdom. The work 'philosophy' means 'love of wisdom', hence, the study practices, lectures, and reading habits that Spiritists cultivate. A fundamental element of Plato's thoughts was the theory of 'ideas' or 'forms' (World Civilizations, [www.wsu.edu/~dee/greece/Plato.htm](http://www.wsu.edu/~dee/greece/Plato.htm)). By encouraging the person to learn, to reflect on the meaning of human life, read inspirational texts, Spiritism



provides a means to change ideas, thought patterns, improve analytical thinking, release the stress, and diminish the fixation on negative circumstances and pain. It could be a slow process and it might not best way to reach person's inner self and start the healing process. It is taught in Spiritism that considering the complexity of human fabric all three components are necessary to truly bring about a real and permanent improvement in a persons' spiritual and physical health. If learning, reflecting and evaluating isn't the best approach for the particular case, then religion might be a better plan. If not religion or philosophy then science might prove to be a better choice.

The scientific segment is equally providential because it sheds a light on the state of the soul at any particular time and the way to change it as well. It starts by explaining that all creatures on planet earth are beings of light and energy and that the law of cause and effect is magnetism at work, 'like attracts like'. The energy field around a human body is called 'perispirit' in Spiritism. Perispirit, from the Greek, Peri, means 'surrounding'. It is the subtle body of the spirit. It serves as interface between the spirit and the physical body. It is also known as the spiritual body, astral body, etheric, or double body. We know that the perispirit records every event, feeling, or thought a person has. These recordings are carried from reincarnation to reincarnation; the perispirit shapes the body, and it gives it its properties at birth. Therefore, infractions or good deeds committed in previous lives are carried into the present life. The damage done by poor choices, cruelty, and other crimes together with a person's will to improve, eventually force a reconstructing or rebuilding process to take place. That's how a soul becomes ill! Illness is the regeneration or rejuvenation process in motion!

Once we understand why the soul became ill we can put a healing program in motion which optimally entails all three Spiritist components. Therefore, knowledge about the spirit/body combination is an essential part of Spiritist treatment. Explanations about the nature of human body and how it reacts or interacts with spiritual energy are part of the treatment. We know that energy (spirit) combined with attributes of the body, water, electricity; minerals form animal energy which vibrates at a personal 'frequency' level. This frequency level fluctuates according to a person's evolutionary stance in life at any given time and can be reversed or adjusted according to a person's determination (faith) and healthy thought (philosophy).

A field of science called 'Tensegrity' helps us understand this subject better. Tensegrity explains that cells and intracellular elements are capable of vibrating in a dynamic manner with complex harmonics, the frequency of which can be measured and analyzed in a quantitative manner by Fourier analysis (and by other methods). Cellular events such as changes in shape, membrane ruffling, motility, and signal transduction occur within spatial and temporal harmonics that have potential regulatory importance. These vibrations can be altered by growth factors and the process of carcinogenesis. It is important to understand the mechanism by which this vibrational information is transferred directly throughout the cell [and throughout the organism]. From these observations we propose that vibrational information is transferred through a tissue tensegrity-matrix which act as a coupled harmonic oscillator operating as a signal transducing system from the cell periphery to the nucleus and ultimately to the DNA. The vibrational interactions occur through a tissue matrix system consisting of the nuclear matrix, the cytoskeleton, and the extracellular matrix that is poised to couple the biological oscillations of the cell from the peripheral membrane to the DNA through a tensegrity-matrix structure. Tensegrity has been defined as a portmanteau of tension integrity. It refers to the integrity of structures as being based in a synergy between balanced tension and compression components.

A Tensegrity tissue matrix system allows for specific transfer of information through the cell (and through the organism) by direct transmission of vibrational chemomechanical energy through harmonic wave motion." (K. J. Pienta & D. Coffey 1991). <http://en.wikipedia.org/wiki/Tensegrity>

These findings, outside of doctrinal knowledge, are in agreement with what we learn and apply in Spiritism. Thus, we realize that adaptations of vibration levels are important in the healing process because they change DNA structures. It makes sense, when we consider that planet earth and the human body are composed mostly of water and our brains are 80% water immersed in encephalitic fluid. It's clear to us that water must be integrated into the treatment. This is why water is found or served in every Spiritist function and treatment. Bottles of water that have been magnetically energized for the specific purpose at hand are provided to everyone undergoing Spiritist spiritual treatment. Although, water can be magnetized by anyone who has knowledge about magnetism, in Spiritism the water is energized/magnetized by spirit mentors or guardian angels for specific purposes.



One other element of vibrational therapy is what we call 'pass therapy', commonly known as laying-on-of-hands. This is a fundamental and required part of the treatment. The patient receives pass (energy) therapy at least once a week. During this time the perispirit is cleansed, reset, and there's a transfusion or exchange of good energy, a replacement of negative or sick energy. This is done about 3 inches from the person's body and there's no touching; people report an enormous change in moods after this treatment. They feel uplifted, serene, balanced after this treatment.

There is still another very important element; one which is so routinely done that sometimes we neglect to mention it. It is the release of spirit entities that may be involved in the case. Confused, wayward, sick, spirits cross over and seek familiar surroundings, family members, or friends. They need counseling with all the love and respect we can give them. They need to be taught to identify the guardian angel standing by just waiting to help them. They need to be helped with the causes of death, be it a violent car crash, assassination, suicide, long illnesses, catastrophic illnesses etc. Spirits fixate on whatever condition they were in at the time of physical death and require medical treatment and therapy after passing. There are numerous cases when a person shows symptoms of the disease that plagued and killed a spirit; as soon as the spirit leaves the person is miraculously healed. At our center we have three mediumistic teams working once a week for the specific purpose to assist troubled, tormented or lost spirits find their way. We call this service 'disobsession' because when a spirit is affecting a person's life it's relentless like an obsession.

In summary, Spiritist healing therapy is free, individualized, and complemented by medical care. The work of inner transformation, which includes religious support and a change in the philosophy of life, is implicit. Additionally, release of interfering spirits, the energy field that contours the body is rebuilt and there's a change or reset of vibrational frequency for the entire body through passes and energized water. Lastly, support of caring people who have dedicated their lives to serve humanity without any personal interest. In practice, the person is gently led through all the treatment phases and responds according to their individual abilities at any given time. Sometimes it takes a while; perhaps several tries before a permanent cure can take place. Often, the person feels some relief and stops the treatment, especially considering that inner transformation is not an easy task to accomplish. Either way we understand that no one learns or changes before they're ready; free will can hasten or interfere with their success. As one of our mentors stated: *pain is the best teacher!* Healing seems to occur when the person really decides to do whatever it takes to stop the pain, physical or moral.

For those that need to take their time, there is always compassion, prayer, and the knowledge that there is always another chance in God's love. It is important to remember that we are all God's children and we have been given all the resources that we need. No one is disenfranchised or without a guardian angel. We need to ask, say a sincere prayer, be receptive and answers will come in the most appropriate way possible. Each one of us is enrolled in the right school, at the right grade level, and with as many chances for success as we need. There are no mistakes or accidents and we cannot fail the law of evolution. The wisdom that created our universe created us consequently we have the potential of being as wondrous as the universe.

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**Elza D'Agosto** is the Coordinator of the English department at a Spiritist Center in Newark NJ. She can be reached at: The Love and Light Spiritist Group, 95-111 NJ Railroad Avenue, Newark, NJ 07105 (973) 465-0123, [edagosto@optonline.net](mailto:edagosto@optonline.net)

Elza was featured in Emma Bragdon's DVD documentary *Spiritism, Bridging Spirituality and Health* reviewed in the February issue of the Newsletter.

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## Healer of the Month

### Anna Hristova, M.D.



Bulgarian born Anna Hristova is a medical doctor, board certified in neurology and psychiatry, with subspecialties in Movement Disorders and Clinical Electrophysiology. She is currently an Assistant Professor at the Department of Neurology, Virginia Commonwealth University Medical Center and an Associated Director of Patient's care at the Parkinson's Disease Research, Education and Clinical Center at McGuire Medical Center, Richmond, VA 23249.

Anna began her education in Sofia, Bulgaria, studying medicine, neurology and psychiatry. She graduated at the top of her class. Prior to her present positions, she has worked at Montefiore Medical Center Einstein University, NY and Columbia Presbyterian Hospital- NYC.

An ambitious over achiever, Anna participated in 13 clinical research trials from 1998 to 2008; published 19 contributions to specialty publications since 1995 on *motor control in Parkinson's disease, on dystonia, deep brain stimulation, tremor analysis, genetic studies* and other topics in the top and highly respected medical journals in the field such as The Journal of Neuroscience, Brain, Neurology and others.

Since 1998, Anna delivered 12 presentations to State University of New York, Downstate; Montefiore Medical Center -Einstein University, NY; Richmond Metro Chapter of American Parkinson's Disease Association Richmond, VA, and others on medical topics such as: *Parkinson's disease and sleep problems; Alternative Medicine in Movement Disorders; Photosensitive epilepsy; Stiff man syndrome; Magnetic resonance spectroscopy and others.*

Anna is a member of the American Medical Association, the American Academy of Neurology, the Movements Disorder Society and the VCU Neurology Clinical Education Committee.

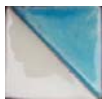
Then there is this other side of Anna Hristova. In her native country she was part of a little known esoteric movement, a practitioner and a teacher of "Paneurhythmy". We hope to have a full presentation of this gem of Eastern European esotericism in one of the future issues of the Newsletter. A brief description can be seen at the link below:

<http://en.wikipedia.org/wiki/Paneurhythmy>

Paneurhythmy is the practice of incorporating cosmic rhythm awareness, energy savvy, chi gong-like movements, music, dance and inner concentration that aligns the human physical and energy bodies to the cosmic energy grids. The founder is Master Beinsa Duono, a Bulgarian mystic of great breadth, about whom one can read at the website maintained by his Bulgarian followers.

[http://www.beinsadouno.org/in\\_en.htm](http://www.beinsadouno.org/in_en.htm)

Anna is working toward several integrative projects combining her extensive medical practitioner knowledge with her energetic side. Apart from paneurhythmy she is qualified and/or practices the following modalities: Biogenesis Tools of Light, Quantum Touch, Bach's flower remedies, Emotional Freedom Technique, Magnetic QiGong, Theater and Personal Therapy, Meditation (14 different techniques for applying structure to your energy fields or cleaning and healing the body), concentration on numbers, methods for finding the emotional roots of the disease,



iridodiagnosis, methods for cleaning, protecting or structuring your living space, fasting, Anastasia's method for healing with food, eating raw food etc.

To contact Anna Hristova, M.D. email at [annahri@gmail.com](mailto:annahri@gmail.com) or call 804 349 8900 after 6 pm.

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## Interview

with Anne Lysette Boysen

### The Energy Within



**Anne Lysette Boysen** is a fine artist residing in Philadelphia PA. Her Curriculum Vitae and virtual gallery are found at the attached link:

<http://www.aboyesenart.com>

Her next show: Spectrum Gallery, Wilmington NC opening Oct 10 2008 for one month.

Open Studio days: Oct 4 and 5 at 522 E. Locust Ave., Phila. PA 19144 from noon to 6pm.

Her book the "Art of Exuberance" ISBN09769431-0-7 can be purchased at the website and her works are available for sale from \$2,000 and up directly from the artist or gallery. Anne may be reached by phone: (215) 849-0629 or email [boysen@voicenet.com](mailto:boysen@voicenet.com)

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*I met Anne as a result of her battle against cancer. I was swept away by the beauty of her works. Her paintings portray energetic gestures that energy therapists are encountering in working with clients. She makes them visible. Anne agreed to an interview and here are her direct answers.*

*Editor*

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**ER.** Ann- how did you decided to become a painter? When the choice in life is so vast, what inner discovery of self prompted you to start expressing the content of your soul in color and form?

**ALB.** As a kid, my mother said that I had to "go to college" and being from an off-balance family, I studied psychology at Temple University for at least 9 years - Masters plus 3 years for state certification and that got me a job as a psychologist for school children in a variety of grade levels in Pennsylvania and New Jersey. I enjoyed tremendously working with children of all ages, but there was something missing - creativity.

After finishing college, I then studied music, piano, flute, dancing and visual arts. In a landscape painting class, I discovered my true happy and energetic self. What a joy!



Beethoven's Flowers

34"x30"



Swan Symphony

58"x54"

**ER.** So what happened next, now that you felt you found a way to express and know yourself?

**ALB.** I started painting landscapes. Communing with nature with a paint brush and a can of turpentine (lunch and coffee too) made me know myself to the core. Gradually, I found the same joy with just flowers. Flowers have been around since the dinosaurs. Our connection to color, health and healing came through them. Just feeling the essence, the smells, the colors, and life they bring is magnificent.



Celebration II

66"x52"



Floral Arrangement

34"x30"





Beebaum Fantasy

32"x50"



Now is the Time

58"x54"

**ER** In your paintings you seem to capture the energetic gestures that flowers have. I believe you draw from your experience as a musician and dancer, where you learned to sense movement in your body. Yet, you transcend and use their expressions to convey to viewers the feelings you experience when you are taking in your soul the flower's energetic gestures, thus making them visible others.

**ALB.** My floral expressions are an act of sensuality and freedom, which only flow from this core of energy. These 'flowers' are not meant to be real – just sharing with the world my joy, as did Beethoven. Being a wanna-be musician, I can't get the same flow, but painting to Beethoven with some dance thrown in is purely heaven.

**ER.** This sounds like fulfillment.

**ALB.** Whenever I'm using my creativity whether in painting, dance or connecting music to paint, I'm free, I'm sensual, alive and love life itself.



Salsa

46"x40"



Delph Parfum

50"x42"



**ER.** How would you describe to our readers your experience of creativity?

**ALB.** In the midst of my creativity lays core energy of life. Life's search brought about the connections and essentials of that energy.

**ER.** Thank you Ann for the permission to publish pictures of your art works. We wish you much luck and prosperity in all your ventures.

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## Orbs

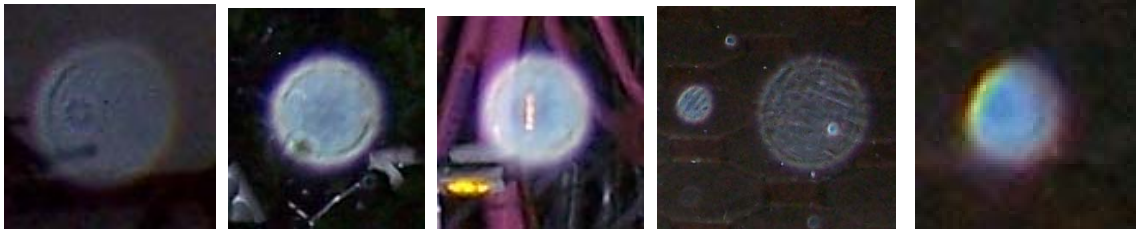
There are people who constantly take photos and never get orbs. Kim Meisinger is talented – she gets a lot of them. She is sharing two orb photographs, one with a multitude of orbs and a rare moving orb shot, below:



Courtyard in Germany

Photo by Kim Meisinger

When enlarged, the orbs in this picture show remarkable array of features. Just looking at them we feel the bouncing feeling of the threshold. What are they?



Orb enlargements from the large picture above- note the single cell like qualities, transparency/translucency, inner luminosity and color, planet and satellite like formations- auras, and other interesting textures and glows.



Photo by Kim Meisinger

*Moving orbs are rare in photography.  
Kim captured this one in her meditation area.*

*It has a comet like quality but the path seems to be self governed.*

*We reviewed books about Orbs and a DVD on the same subject in the January issue of the Newsletter*

*Editor*

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**Kim Meisinger** is a third generation practitioner of the healing arts with an office in Overland Park, Kansas. She specializes in nervous system energy work and works with people both locally and long distance. Kim can be reached at **913-685-9939**, and via email at [corestarenergy@aol.com](mailto:corestarenergy@aol.com). Her website is [www.kchealer.com](http://www.kchealer.com).

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## Event review

### Painting Medium

*Many people have the impulse to paint. However when confronted with the emptiness of the canvas, they feel at a loss as to what to do. Artists seem to have plenty of inspiration. Where is that coming from?*

*Mediumnistic painting- paintings by mediums in trance, are in a sense a manifestation of a process where the components found typically in one artist are divided amongst the participants, the medium, spirits and batteries.*

*A medium is in contact with entities that have to do with manifesting art. The medium undergoes training to prepare for this state. He/she reaches a trance state, where he could paint with great speed, using his hands and some basic art tools like pastels or oils. Often the painter listens to music, there is concordance of the motions the medium has and the rhythm of the music (the event I observed had classical music playing the background, we are told that music is selected by the spirits). The paintings are in different styles, sometimes identified by a signature of famous painter's no longer with us on the planet. There is an energetic resemblance of style with that painters work, but the quality is not up to par. Most such mediums are not professionals, but they do have artistic abilities, and pride themselves in being of selfless service. They are assisted by helpers who provide tools and cleanup, and energized by other selfless mediums who donate energy (called colloquially- "batteries").*

*When I observed this medium painting, I could see that he was channeling joyous entities that loved the motions and action. They were grateful to the medium for allowing them to perform the flurry dance of manifestation. As soon as one painting was considered complete (by signing it) another one in a different style was in the works. The ego of the painter they signed was not fully present. To the best of my perception, the medium accessed the soul world region where particular spirits were in charge of the refined soul substance created by the famous painters represented, and now were in charge of preserving it for a time when other artists needed some of it. What the medium performed was exactly the exercise the entities needed. They seem to live, while a famous painter is embodied, in the painter's aura. After the artist's transition, they are the repository of the feelings and motions that that painter advanced for the entire mankind. The medium manifests echo's of that region in this mysterious cooperation. I took the pictures below and **Hercules Fernandes**, the painting medium agreed to publish them.*

Editor

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On 7/7/08 at the Newark Spiritist Center *Love and Light*, medium **Hercules Fernandes** from the *Allan Kardec Educational Spiritist Center* in Jackson Heights, NY, gave a demonstration:



Hercules starting a pastel painting



Hercules turns the paper upside down working around



Hercules starts oil painting



Hercules painting- notice the "battery" mediums behind him



Hercules applying colors –kids loved it



Assistant shows painting to the spectators



For works by other medium painters see below:

English site-works of medium **Jose Medrado**

<http://vids.myspace.com/index.cfm?fuseaction=vids.individual&VideoID=37542926>

and also at

<http://www.amybiank.com/generic14.html>

English site -works of medium **Maria Gertrudes**

[http://www.spiritism-davis.org/Events/2006/maria\\_gertrudes.html](http://www.spiritism-davis.org/Events/2006/maria_gertrudes.html)

Portuguese site- medium **Florencio Anton** – see gallery

<http://www.pinturamediunica.com/>

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## Book Review

**The Journey of Souls** by **Michael Newton, PhD**

Llewellyn Publications 5th revised edition 15<sup>th</sup> printing 2003

ISBN 1-56718-485-5

Amazon link:

[http://www.amazon.com/Journey-Souls-Studies-Between-Lives/dp/1567184855/ref=pd\\_bbs\\_sr\\_1?ie=UTF8&s=books&qid=1216158367&sr=1-1](http://www.amazon.com/Journey-Souls-Studies-Between-Lives/dp/1567184855/ref=pd_bbs_sr_1?ie=UTF8&s=books&qid=1216158367&sr=1-1)

Review by **Alexandra Leclere**

Many of us are aware that we chose to incarnate to achieve certain spiritual goals. In that planning phase we choose our parents, siblings, significant others and some of the challenges we will meet on our path. Michael Newton has opened up the mystery of that preparation phase.

As a practicing hypnotherapist Michael Newton witnessed his clients remembering past lives. But sometimes his clients would return to the time between lives, in other words the time in between incarnations, meaning the time between death and a new birth. This is just the phase when people are planning their incarnation.

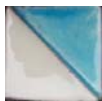
Through repeated sessions with many clients, Newton was able to piece together a clear idea of how the spirit world is organized. At first Newton noticed similarities in the description of the time between incarnations that his clients described. After noticing these similarities Newton began to assemble the puzzle of the spirit world.

Newton was able to find out when and who comes to meet us as we pass on to the spirit world. He was also able to determine where we go in the spirit world. He identified different groups that we belong to.

The role of spirit guides was also clarified, as well as how they interact with us.

Newton writes:

*"One of the most important aspects of my therapeutic work with clients is assisting them, on a conscious level, with appreciating the role their guides play in life. These teacher entities edify all of us with their skillful instruction techniques. Ideas we claim as our own may be generated by a concerned guide. Guides also comfort us during the trying periods in our lives, especially when we are children in need of solace. I remember a charming remark made by a subject after I asked when she began seeing her guide in this life. "Oh, when I was daydreaming," she said. "I remember my guide was with me on my first day of school when I was really scared. She sat on top of my desk to keep me company and then showed me the way to the bathroom when I was too afraid to ask the teacher."*



I particularly enjoyed Newton's book because it was a clear presentation of what I had also experienced to be the organization of the spirit world. It was a confirmation of what I already held to be true. I enjoyed reading about spirit guides and how they interact with us. It felt true. This book is a pleasure to read and provides a wealth of information.

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**Alexandra Leclere** is a professional clairvoyant, clairaudient and clairsentient energy healer.

Her biography was reviewed in the January issue of the Newsletter

Her book "Seeing The Dead, Talking with Spirits" is available at :

[http://www.amazon.com/Seeing-Dead-Talking-Spirits-Shamanic/dp/1594770832/ref=sr\\_1\\_1?ie=UTF8&s=books&qid=1216159398&sr=1-1](http://www.amazon.com/Seeing-Dead-Talking-Spirits-Shamanic/dp/1594770832/ref=sr_1_1?ie=UTF8&s=books&qid=1216159398&sr=1-1)

Alexandra could be contacted via her website:

[www.SeeingTheDead.com](http://www.SeeingTheDead.com)

by email [aleclere2@aol.com](mailto:aleclere2@aol.com) and phone (91) 548-3450

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## **Announcements**

### **Reiki in Nepal**

Join Karen Williams for two weeks of healing and nurturing in the Kathmandu Valley and beautiful Pokhara region of Nepal. Learn about traditional Himalayan healing, and qualify in Usui Reiki or Karuna Reiki®. Experience Ayurveda, Tibetan therapies, meditation, yoga, singing bowls, shamanism, and Ancient Tibetan Reiki. Learn how to incorporate knowledge of chakras, sound and mantras into your Reiki treatments. If anyone is dealing with stress or illness at this time and would like to join Karen to receive some concentrated healing treatments, you would be most welcome. 22 Nov – 6 Dec 2008. Details from: **Karen Williams, +44 (0)1489 575279, +44 (0)7801 273768.** Email: [info@himalayanhealing.com](mailto:info@himalayanhealing.com) and web: [www.himalayanhealing.com](http://www.himalayanhealing.com).

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This Newsletter is being emailed the 3rd week of every month. Deadline for submitting copy, material, announcements and other contributions, is the 15th day of the month. E mail material to [Abaraschi@aol.com](mailto:Abaraschi@aol.com) mentioning Newsletter in the email title.

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## **Credits**

Elza D'Agosto, NJ; Anna Hristova, VA; Ann Lysette Boysen, PA; Kim Meisinger, KS; Hercules Fernandes, NY; Alexandra Leclere, NY; Karen Williams, UK; Anton Baraschi NY.

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